



Fun Websites for Kids

*Now kids can have fun online
while learning more about
fruits, veggies, general nutrition and physical activity.*

Website Name and Address	Developed By	Comments
BAM! www.bam.gov	Centers for Disease Control and Prevention (CDC)	Website for 9-13 year olds covers many health topics. Fit 4 Life includes U R What U Eat with recipes and more. Exercise personality quiz gives users a custom activity list. Teacher's corner has in-school activities linked to the national education standards for science and health.
Fruits & Veggies—More Matters™ www.fruitsandveggiesmorematters.org/?page_id=6	Fruits & Veggies—More Matters™	Recipes, coloring pages, Supermarket Scavenger Hunt, How Much is a Cup? coloring pages, and more.
Kidnetic www.kidnetic.com	International Food Information Council Foundation	For 9-12 year olds, their families and teachers to encourage physical activity, healthy eating and self-esteem.
Powerful Bones. Powerful Girls. www.cdc.gov/powerfulbones	<ul style="list-style-type: none"> • US DHHS, Office on Women's Health • CDC • National Osteoporosis Fdn 	Powerful girls have powerful bones! Find out how you can build strong bones. Try interactive skeleton, games, and quizzes. Discover fun weight-bearing physical activities and recipes for yummy foods with calcium.
Puzzlemaker www.puzzlemaker.com	DiscoverySchool.com	Make your own word and number games with a fruit and veggie theme!
Smallstep.gov www.smallstep.gov	U.S. Department of Health and Human Services	This website for adults and teens gives you four steps to help you get healthy: get the facts, eat better, get active, learn more. Explore the activity tracker, recipes and newsletter.
Smallstep KIDS! www.smallstep.gov/kids/flash/index.html	U.S. Department of Health and Human Services	Five sections include: Can Your Food Do That?; SmallStep Challenge; Watch the TV ads; Great Web Links; Games and Activities.
Smart Mouth www.smartmouth.org/	Center for Science in the Public Interest	Become a savvy consumer while playing cool games like "Feed the Face" and "Trust Gus." A calorie meter helps you see how your favorite foods stack up and more.
VERB – It's What You Do www.verbnow.com	US Department of Agriculture	Learn how to create/find your own physical activity and fun anywhere.
Your Energy Wake-Up Call! www.caprojectlean.org	California Project LEAN's Food on the Run Program	Healthy eating and physical activity for teens.